



## An ecological approach to promoting population mental health and well-being--A response to the challenge of climate change

**Author(s):** Nurse J, Basher D, Bone A, Bird W  
**Year:** 2010  
**Journal:** Perspectives in Public Health. 130 (1): 27-33

### Abstract:

Climate change can be viewed as human-induced change to climate and depletion of natural systems. It potentially the biggest global health threat of the 21st century. It is predicted to have wide-ranging impacts upon human mental health and well-being, through changes and challenges to people's environment, socioeconomic structures and physical security. Even the most conservative estimates of the health impacts are extremely alarming. Increasingly, the causes of poor human health and environmental damage are related. This implies that there are common solutions. For example, there are co-benefits to human health and biodiversity from mitigating and adapting to climate change (e.g. promoting active transport and reducing car use reduces CO2 emissions, benefits our environment and reduces morbidity and mortality associated with a sedentary lifestyle). This article outlines how climate change impacts upon mental health and well-being. It introduces ecological concepts, applies these to public health and outlines their implications in transforming the way that we prioritize and deliver public health in order to promote both environmental and human health. Evidence, from psychology and neuroscience, suggests that the perception of being disconnected from our inner selves, from each other and from our environment has contributed to poor mental and physical health. We argue that we must transform the way we understand mental health and well-being and integrate it into action against climate change. We describe a Public Health Framework for Developing Well-Being, based on the principles of ecological public health.

**Source:** Ask your librarian to help locate this item.

### Resource Description

#### Exposure :

weather or climate related pathway by which climate change affects health

Unspecified Exposure

#### Geographic Feature:

resource focuses on specific type of geography

None or Unspecified

#### Geographic Location:

resource focuses on specific location

# Climate Change and Human Health Literature Portal

Global or Unspecified

## **Health Co-Benefit/Co-Harm (Adaption/Mitigation):**

specification of beneficial or harmful impacts to health resulting from efforts to reduce or cope with greenhouse gases

A focus of content

## **Health Impact:**

specification of health effect or disease related to climate change exposure

Mental Health/Stress

**Mental Health Effect/Stress:** Other Mental Disorder

## **Intervention:**

strategy to prepare for or reduce the impact of climate change on health

A focus of content

## **Mitigation/Adaptation:**

mitigation or adaptation strategy is a focus of resource

Adaptation, Mitigation

## **Resource Type:**

format or standard characteristic of resource

Research Article, Review

## **Resilience:**

capacity of an individual, community, or institution to dynamically and effectively respond or adapt to shifting climate impact circumstances while continuing to function

A focus of content

## **Timescale:**

time period studied

Time Scale Unspecified

## **Vulnerability/Impact Assessment:**

resource focus on process of identifying, quantifying, and prioritizing vulnerabilities in a system

A focus of content